

ABSTRACT

A wireless digital communication method for a plurality of user equipment mobile terminals (UEs) to communicate with a base station. Adaptive modulation and coding (AM&C) is used to achieve improved radio resource utilization and provide optimum data rates for user services. Blocks of downlink (DL) data are received by the base station which requests downlink DL channel quality measurements only from those mobile terminals (UEs) with pending downlink transmissions. The UEs respond to the request by measuring and reporting DL channel quality to the base station, which then allocates resources such that the UEs will make best use of radio resources. The base station notifies the UEs of the physical channel allocation indicating the modulation/coding rate and allocated slots followed by transmission of blocks of downlink data which are transmitted to the UEs.